

Dear Spring Backyard Burn Competitors:

Under abandoned guard towers and adjacent to repurposed jail cells, you and close to 400 racers will toe the line this Sunday March 17th at the second race of the 2019 Spring Backyard Burn Trail Running Series.

Located right off I-95, just south of the Capital Beltway, this beautiful, fast, and fun race course includes a mixture of forested and open meadow single-track meandering through 1600 acres of the former Lorton Prison complex. We are looking forward to a great day of trail running action and wish you the best of luck!

Schedule for race day, Sunday, March 17, 2019

- Check-in/bib pick up opens @ 7:30am (we recommend arriving by 8am)
- Pre-race brief @ 8:50am
- Race start @ 9am
- FREE Kids "Race" @ 10:45am (for kids 2-11)
- Awards @ 11am

SEE BELOW for detailed info on course conditions, weather, directions, parking, check-in, course description, course marking, aid stations, post-race food, awards, sponsors, giveaways, etc.

Course Conditions and Weather

The trails are currently in excellent shape, but there is a strong likelihood of some rain Friday. Laurel Hill drains VERY well and a large percentage of the trail system is enforced with crushed stone. Saturday also looks sunny and windy...all good things to dry things out. The grass bordering the trails is low, which makes for easy passing. Race day weather looks great...sunny and high's near 50. It's always windy there, so bring a warm jacket for after the race.

Directions to the race start/finish area at the Workhouse Arts Center:

Workhouse Arts Center (once at the arts center, please follow signs to race

parking)

9601 Ox Road, Lorton, VA 22079

From Interstate 66:

- Take I-66 to Route 286 (Fairfax County Parkway - formerly Rt 7100).
- Exit at 55A SOUTH toward Springfield.
- Travel south on Rt. 286 for approx. 6 miles.
- Exit onto Rt. 123 SOUTH (Ox Rd.) for approx. 8 miles.
- Left onto Workhouse Rd (formerly Lorton Rd)
- Take immediate right into Workhouse Arts Center
- Follow the signs to parking and check-in.

From Interstate 95:

- Exit I95 and take Rt. 123 NORTH for approx. 1.8 miles
- Right onto Workhouse Rd (formerly Lorton Rd)
- Take immediate right into Workhouse Arts Center
- Follow the signs to parking and check-in.

Parking

Vehicles will be parked on the asphalt parking lots of the Workhouse Arts Center. These lots are in the SE corner of the complex. Please follow the blue EX2 parking signs once you enter the complex. There is plenty of parking. Of course, we always advocated carpooling if possible.

Check-in and Staging

Check-in and staging will take place in the softball field of the Workhouse Arts Center. After you park, follow the signs to check-in. Check-in opens at 7:30am. At check-in you will receive your race number and t-shirt (one shirt per person for the series). Please ARRIVE EARLY to help alleviate backups. It takes time to park, check-in, use the bathroom, warm up, and attend the pre-race brief. We recommend arriving by 8am.

Race Start

The race begins at 9am SHARP! Both 5 and 10 mile racers will start at the same time. The pre-race brief will begin at 8:50am and take place near check-in.

Restrooms

Porta-johns will be available near check-in and the finish area. **PLEASE arrive and take your restroom break early.** We order enough porta-johns for our anticipated numbers but if everyone tries to use the restroom 15 minutes before the race then there will be long lines.

Race Course (Changed for both 5 and 10 mile races this year)

Both courses have changed this edition...the courses include a mixture of forested and open meadow single-track trails which meander through 1600 acres of the former Lorton Prison complex. The trail surface is a combination of dirt trails and fine crushed rock. To start the race, there is .8 miles of pavement and grass before entering the single-track trails. This prologue is NEW this year because part of our normal route is blocked because of construction. Please note that at mile 0.8 there are a short set of switchbacks and a potential for a backup in runners. Spacing at the start of this race is HUGE...if you are concerned about a backup...then get yourself moving in the first .75 miles.

Once you get past this section from mile .8 to 1.0 there are PLENTY of passing opportunities so please don't stress out if you have to slow down a bit in this section.

The 5 mile course flow is about 2 miles to Aid 1, then a beautiful 2.3ish loop with an aid station in the middle at mile 3.4ish, then return to the start passing through Aid 1 again at about mile 4.3. The actual distance of the 5-mile course is 5.8 miles with an elevation gain/loss of about 300 feet. Yup...bonus miles! Enjoy.

The 10 mile course flow is about 2 miles to Aid 1, then an extended 4.3 mile loop with two aid stations along the way. At a new split, you are crossing a road with police controlling traffic. After a loop, you'll make your way back to Aid 1 and then do a smaller 2.3 mile loop (shortened version of what you already did without the road crossing). You will pass through an aid station 7 times on the 10 mile course. The actual distance of the 10 mile course is 10.3ish miles with an elevation gain/loss of about 630 feet.

NO HEADPHONES this race (as all our races)...if my staff see you wearing headphones, they will stop you and have you take them out. This is for your safety and really important on this course.

Please, please, please review the course maps on the [race website](#) to get familiar with the courses.

Race Strategy/Trail Etiquette

At the beginning of the race, there is .8 miles of pavement and grass. There is a sharp turn at mile .2 and switchbacks at mile .8. See my course notes above. It is recommended that you place yourself appropriately at the start line, with faster runners near the front, mid pack racers near the middle and "back of pack" runners near the rear. Also, proper trail etiquette should be practiced.

Overtaking runners should use audible signals "passing on your left" or "passing on your right" and, when possible, slower runners should allow them to pass. Keep in mind, however, that it is the responsibility of the overtaking runner to pass safely.

Course Marking

The course will be marked with pink surveying tape and some ground flagging in the open areas. Red arrows will be posted at all trail intersections. Yellow caution tape will block off the trails that are not part of the course, but will be on the ground. Course marking will be heavy before and after all trail intersections but light along the rest of the course.

Mile Markers

Mile markers will mark 3 miles to go, 2 miles to go, 1 mile to go, and .5 miles to go. Note that the 10 milers will see these signs twice.

NO EARPHONES or LOUD AUDIBLE MUSIC

The use of EARPHONES or LOUD AUDIBLE MUSIC that restricts hearing is not permitted during any EX2 race. Why, you may ask? Well, for the following three reasons:

1. Safety - we need to look out for each other! Our courses are held on trails in remote areas. If someone gets injured out on the trails, we rely on racers to notify us so we can activate emergency response. So, we need racers to be alert and able to hear calls for help.
2. Courtesy - trail races are very different than road races. Passing is usually not a problem in road races but passing can be a challenge on single-track hiking trails. To pass safely, trail etiquette suggests using audible signals such as passing on your left. Passing someone who can't hear you is difficult and frustrating.
3. Community - at EX2 Adventures we strive to build community. Please use

your time with EX2 to unleash yourself from your device, enjoy the sounds of nature, talk to people, make some friends, and have fun.

Aid Stations

This race has two on-course aid stations (three for the 10 milers) and one post-race aid station. All aid stations will be stocked with water and Gatorade. The aid stations will be spaced less than 2 miles from each other. The 5 mile racers will have three opportunities for aid about miles 2, 3.4, and 4.4 The 10 mile racers will have seven opportunities for aid at miles 2, 3.4, 4, 5.7, 6.3, 7.7, and 8.7. First aid kits and emergency communication will be available at each aid station.

Recovery Tent

Dr. Kathy Coutinho, local "chiropractor to the athletes," and her staff from [Positively Chiropractic](#) will be on hand offering up their chiropractic, massage, active release therapy, and first aid services to all comers. Stop by the recovery area to take advantage of these FREE services. Come see how Dr. Kathy can help you "always move forward."

Post Race Beverages/Food

Water, Gatorade, and sodas will be available after the race. Food includes pizza, breakfast burritos, bananas, trail bars, chips, cookies, M&Ms, etc. FREE food and beverages will be available at the finish line for all racers and volunteers.

Kids Race

At 10:45am, all kids aged 2-11 are invited to participate in the FREE kids race for treasure. We will match kids in age groups and have them run a short out and back "race." After they run, all kids who participate can grab something from the Treasure Box!

Awards

The awards ceremony will take place at 11am! Awards will be given to the top five male and female racers in each age group for both the 5 and 10 mile races.

Photos

Professional photographers from [Swim Bike Run Photography](#) will be at this event capturing the spirit of adventure and friendly competition. Digital downloads will be available for FREE. The talented photographers at SBR take thousands of

photos at each race and they all go online within 7 days of the event. A link to their website will be available from our results page and you will also be notified via email when the photos are ready for viewing.

Sponsor Giveaways

Below is a rundown of all our sponsor giveaways. We will randomly select winners for the giveaways using a variety of different methods. We have a lot of swag to give away but you must be present at the awards ceremony to win. So, please plan on sticking around to join in the fun!

- [Baird Automotive](#) - \$100 Benjamin Bash: Benjamin, C-note, Hundie, Charlie, 100 Clams, Big One..call it what you will but it all means the same thing...\$100 of cold hard cash. Back by popular demand, race or volunteer in any of our races in 2019 and you could win a crisp \$100 bill, generously furnished by longtime EX2 racer and all around good guy, Joey Baird of Baird Automotive.

- [Integrated Financial Partners](#) (Erik Scudder) - Surprise Swag Raffle: At all races in 2019, fellow racer and IFP Financial Advisor, Erik Scudder will give away \$50 in swag. He likes to surprise us with what he gives away but it is always nice stuff. Just stop by their table, fill in one of their forms, and you are eligible to win. Erik is also known for bringing hot coffee on cold mornings!

- [Drink More Water](#) - Hydration System Giveaway: Drink More Water is committed to help you achieve peak performance by, well, drinking more water. Not only do they supply tons of water to EX2 (literally), but they will randomly give away water bottles at each race of the season. The Bike Lane in Reston was awesome enough to provide the water bottles and some coupons! Pretty cool, huh? Racers and volunteers are eligible.

Baseball Bonanza - Extra, Extra, Get Your Nats Tickets at EX2! How cool is this?! All EX2 sponsors chipped in to buy tickets to the Washington Nationals - so we could give them away to you. We have a pair of tickets to randomly give away at every race until October!

Volunteers

Finally, we can always use the help of volunteers. If any of your friends or family

can help out, please ask them to sign up on the [EX2 website](#). Volunteers help with check-in, aid stations, course marshaling, timing, food distribution, course sweeping and course demarking. Times vary from 7am-11:30am and shifts are usually 2-4 hours. Volunteers receive free food, a cool race t-shirt, \$15 off a future EX2 race or EX2 merchandise, and our sincere appreciation. Plus, volunteering at EX2 races is fun!

Thanks for participating in the Spring Backyard Burn Trail Running Series. We are looking forward to a fantastic day. See you this Sunday!

Andy Bacon
Race Director
EX2 Adventures
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